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# Food and Home Notes

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## FOOD CLIPS

In purchasing bread and rolls you should look for crusts that are uniform in color and thickness... and ideally the crust should be golden brown. The interior crumb should be clear white or slightly creamy and not have a grayish cast which denotes inferior flour or poor processing according to USDA home economists.

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What is good texture in bread? It should be soft and velvety, with no large holes; and the consistency of the grain should be soft and delicate.

\* \* \*

Hard breads are usually referred to if they have a hard, crispy crust on the bread---usually it is Vienna or Italian bread. They are baked in ovens in which steam is introduced during baking.

\* \* \*

Sourdough breads are those having a small portion of oven-fermented bread dough added to a normal dough. Pumpernickel may be a sourdough.

\* \* \*

What is Boston Brown Bread? It is a steamed mixture of wheat flour, cornmeal, and rye flour combined with molasses, milk, and salt. Soda and baking powder are the leavening agents.

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## FRUIT RESEARCH --

### BLUEBERRIES WILL BE...

#### BLUER

Now blueberries can look bluer, ripen faster and be stored longer according to Plant Physiologist Elias D. Dekazos of the U.S. Department of Agriculture Research Center in Athens, Georgia. Two new growth regulators--preharvest fruit sprays--are responsible for this. In research, all fruit receiving the sprays ripened significantly earlier.

Usually blueberries mature at different times---over a period of three to five weeks. According to USDA scientists, this new spray regulates growth and advances maturity. It also reduces the harvest period by one week.

The new bluer blueberries also have an improved fruit texture. The cell walls develop thicker which helps to enhance the color and to increase the firmness of the fruit. They're now easy to harvest mechanically (which is an asset to the grower) ---- and, in the marketplace, they enjoy longer shelf-life.

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## TEMPERATURE REQUIREMENTS

Table 5, based on current research findings, is a general guide for storing various types of foods. As used in table 5, "satisfactory" means this type of storage is acceptable. "Preferred" means this type of storage maintains quality of the product for a longer period of time. "Required" means that this type of storage is essential—there is no alternative to it.

TABLE 5.—General temperature guides for storing foods.

Food	Dry storage (50°–70°F)	Refrigerated storage (36°–40°F) <sup>1</sup>	Freezer storage (0°F or below)
<b>DAIRY PRODUCTS</b>			
Butter . . . . .	.....	Satisfactory up to 2 weeks (maximum 45°F).	Required over 2 weeks
Cheese, Natural . . .	.....	Required (maximum 45°F).	.....
Cheese, Processed . .	.....	Required (maximum 45°F).	.....
Milk, Canned . . . .	Satisfactory	Preferred	.....
Milk, Fluid Whole . .	.....	Required (maximum 45°F).	.....
Milk, Nonfat Dry . .	Satisfactory	Preferred	.....
<b>EGGS</b>			
Shell . . . . .	.....	Required	.....
Dried . . . . .	.....	Required	.....
Frozen . . . . .	.....	.....	Required
<b>MEAT AND MEAT PRODUCTS</b>			
Frozen meats, such as Ground Beef; Hams, and Shoulders; Pork Loins; Turkeys, etc.	.....	.....	Required
Cured Hams and Shoulders; Bacon; etc.	.....	.....	.....
Canned Hams . . . .	.....	.....	.....
Other canned meats, such as Beef and Gravy; Pork Luncheon Meat; Pork and Gravy, etc.	Satisfactory	Required	.....
<b>FATS AND OILS</b>			
Cottonseed Oil; Lard; Olive Oil; and Vegetable Shortening.	Satisfactory	Preferred	.....
<b>CANNED VEGETABLES</b>			
Green Beans; Beets; Carrots; Corn; Green Peas; Tomatoes; Tomato Juice; Tomato Paste; Tomato Puree; etc.	Satisfactory	Preferred	.....

<sup>1</sup> Although 36° to 45° F is acceptable, 36° to 40° F is presently considered the ideal temperature range.

TABLE 5.—General temperature guides for storing foods. — Continued

Food	Dry storage (50°–70°F)	Refrigerated storage (36°–40°F) <sup>1</sup>	Freezer storage (0°F or below)
<b>CANNED FRUITS</b>			
Orange Juice, Concentrated.	.....	Required	.....
Other canned fruits, such as Apples; Applesauce; Apricots; Blackberries; Cherries; Cranberry Sauce; Figs; Grapefruit Sections; Grapefruit Juice; Peaches; Purple Plums (prunes); etc.	Satisfactory	Preferred	.....
<b>FRESH VEGETABLES</b>			
Onions . . . . .	Satisfactory	Preferred	.....
Potatoes, Irish . . .	Satisfactory	Preferred (minimum 40°F).	.....
Sweetpotatoes . . .	Required (minimum 55°F).	.....	.....
Other fresh vegetables, such as Green Beans; Beets; Cabbage; Carrots; Spinach; etc.	.....	Required	.....
<b>FRESH FRUITS</b>			
Apples; Peaches; Pears; Purple Plums; etc.	.....	Required	.....
<b>DRIED VEGETABLES</b>			
Beans, High Moisture	Satisfactory for 60 days.	Required over 60 days.	.....
Beans, Low Moisture	Satisfactory	Preferred	.....
<b>DRIED FRUITS</b>			
Apples; Apricots; Peaches.	Satisfactory for 2 weeks.	Required over 2 weeks.	.....
Figs; Prunes; Raisins; etc.	Satisfactory	Preferred	.....
<b>CEREAL PRODUCTS</b>			
Regular Cornmeal; Whole Wheat Flour.	Satisfactory for 60 days.	Required over 60 days.	.....
Degermed Cornmeal; All-purpose and Bread Flour; Rice; etc.	Satisfactory	Preferred	.....
<b>MISCELLANEOUS</b>			
Honey . . . . .	Satisfactory	.....	.....
Nuts . . . . .	.....	Required	.....
Peanut Butter . . . .	Satisfactory	Preferred	.....

<sup>1</sup> Although 36° to 45° F is acceptable, 36° to 40° F is presently considered the ideal temperature range.

## USDA --- AND SERVICES TO THE HANDICAPPED: ROUND-UP OF 1977 PROGRAMS



Eight million American children are handicapped and require special education programs according to Ella Mae Berdahl, USDA's Extension Service liaison leader on the President's Committee on Employment to the Handicapped.

Many of these children cannot receive any training because of the lack of qualified teachers. Now, under a special continuing Federal Grant on the "Education to the Handicapped Act" more teachers, researchers and speech instructors will be trained to work with these children.

\* \* \*

One action expected to benefit handicapped people is a two-year, four state program recently announced to develop better methods of delivering goods and community services (home improvements, central water and sewer services) to rural, hard-to-reach, low-income people. The pilot program will be carried out through state agencies in California, Colorado, Illinois, and West Virginia and will be federally administered by the U.S. Department of Agriculture and Housing and Urban Development. It will aim for more effective outreach of services and other lines of community development to serve the needs of the people.

USDA's Farmers Home Administration will provide \$40 million for project financing, and HUD will supply \$3 million from research funds to help develop housing plans and process financing applications. State Extension Services will provide training for state and local people who will be employed in the program.

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Other Aids to the Handicapped -- By States, include:

In Michigan.....The "Jackson Handicappers Association" is a group of handicapped people who were first brought together as participants in the Michigan Extension



## HANDICAPPED -- BY STATES

Service Expanded Food and Nutrition Education Program. They now take part in community affairs and often serve in an advisory capacity to local groups concerned with eliminating public transportation barriers.

In Oregon.....Marjorie Baker, Extension Clothing Specialist at Oregon State University, developed practical suggestions for helping handicapped persons to help themselves. Among the ideas were: installing closet rods four feet from the floor to put them within easy reach of a person confined to a wheelchair; using draw draperies instead of doors for easier access to the closet and--storing articles in see-through plastic boxes.

In Pennsylvania.....A major project of the Cooperative Extension Service of Penn State University, and a special grant-project from the Extension Service, USDA, has been to develop guides for 4-H leaders on how to improve the participation of handicapped youths in the 4-H programs.

In Wisconsin.....The Blessed Sacrament Church in Milwaukee installed a wheelchair lift to carry disabled persons up a stairway from the church entrance to the sanctuary. The lift is a box-like car that runs up rails on either side of the stairway.

## ON READING SERVICES

The Association of Radio Reading Services, Inc. was formed at a conference in March, at Bethesda, Maryland, sponsored by the American Foundation for the Blind. It encourages the development of radio-broadcast reading services for people who are blind, or, due to other disabilities, cannot handle reading materials. Extension Service Home Economics persons are also working with this newly formed unit.

(For additional information write to: Mrs. Ella Mae Berdahl, Extension Service, Room 5408 S., U.S. Department of Agriculture, Washington, DC 20250.)

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